



Tai Chi and Qi Gong Workshop

A full day of:

Learning to be grounded
Being whole and total with movement
Align with gravity
Knee, heel and toe connection
Unifying Tai Chi essentials

Qi (energy) is a phenomenon that is known by many cultures around the world.
In some places it is still a mystery.

Feel the Qi is a hands on introduction to assist you in feeling your Qi.
The majority of people who have tried this method feel their body's Qi (energy)
after the first session.

The workshop will be given by Sifu Colin Stevens with 30 years of Tai Chi and Qi Gong experience and founder of the Wuji Academy of Chinese Martial Arts

(registered with the TCUGB & BCCMA)

Les Edwards a Qi Gong Instructor with more than 20 years' experience

Suitable for all - novice through to advanced students

Hollacombe Community Centre

(rear of Shell garage)

Preston, TQ3 2DW

Free parking

Saturday 10th March 2012

10am to 4.00pm

Cost £20

Bring packed lunch, tea and coffee provided

To reserve your place contact

Joanne 01803 558286

Email: WujiTaijiAcademy@Gmail.com

